

Guide To In-home & Other Support Services For Older People



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Lincoln Area SALINE

Agency Aging SEWARD YORK

LANCASTER

**Life** 1005 "O" Street, Suite 300

(402) 441-7070 - Lincoln and Lancaster County 1-800-247-0938 - Toll-free in Nebraska TDD (402) 441-7081 Fax (402) 441-7160

Lincoln, NE 68508-3628

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# A "" denotes those services that cooperate with Lincoln Area Agency on Aging, Life Supportive Services Program for reduced service rates.

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#### Who will pay for In-Home Services?

**Medicare** - Medicare pays the full cost of medically necessary home health visits that meet specific criteria by a **Medicare approved home health agency**. A home health agency is a public or private agency that provides skilled nursing care, physical therapy, speech therapy, and other therapeutic services in the patient's home. These services are usually provided on a periodic basis by a visiting nurse and/or home health aide. You need to be confined to your home and be under a physician's care. **Check with your home health agency regarding Medicare coverage.** 

**Medicare Hospice Care** - Medicare pays for hospice care for terminally ill beneficiaries who choose to receive hospice care rather than regular Medicare benefits for management of their illness. Under Medicare, hospice is primarily a program of care generally provided in the patient's home by a **Medicare-approved hospice provider**. The focus is on care and not cure. Hospice services covered under Medicare part A include: physician, nursing care, medical appliances and supplies, drugs (for pain and symptom relief), medical social services, physical, occupational therapy, speech/language, pathology services, dietary and other counseling. **Ask your hospice care provider about Medicare coverage.** 

Department of Health and Human Services Lincoln/Lancaster District 1050 "N" Street, Suite 250, Lincoln, NE 68508 (402) 471-7000

**Block Grant -** The Nebraska Department of Health & Human Services provides Block Grant Services. These services are designed to provide assistance to older adults and disabled people to help them remain independent in their homes. Services paid may include: transportation, meals-on-wheels, adult day care, congregate meals, and chore (light housekeeping, grocery shopping, laundry, meal preparation).

A person may be eligible if age 60 years or over, or disabled. Persons 60 years or older or disabled may qualify if he or she has less than \$888.00 per month. A couple may have up to \$995.00 per month to qualify. Resources are considered. A worker will do a needs assessment to determine if you qualify for services to be paid for through Block Grant.

**Disabled Persons and Family Support Program** - Services are purchased to help families keep a disabled family member at home or to allow a disabled adult to live independently. Persons 60 years or older or disabled may qualify if he or she has less than \$1,364.00 per month. A couple may have up to \$1,784.00 per month to qualify. The program may authorize payment for disability related expenses such as architectural home modification to remove barriers, attendant care, home health care, housekeeping, special equipment, respite care, housekeeping, and transportation. In addition to financial and need eligibility, this program requires medical information to determine severe chronic disability. How to Apply: Applications available from Department of Heath and Human Services, Disabled Persons and Family support at 471-9310 (Lincoln) or 1-800-358-8802

**Medicaid** - Medicaid is a program administered by the Nebraska Department of Health and Human Services which assists in the payment of medical expenses for eligible individuals. Individuals who are 65 years or older, blind, or disabled, and who have incomes and resources below the medical assistance guidelines. These guidelines are: \$797.00 per month for individual and a couple may have up to \$1069.00 per month to qualify. Resources are considered. Medicaid qualified individuals can obtain in home services based on an evaluation of your situation by Health and Human Services staff. The services provided are personal care, respite, or nursing care. For further information you can contact your Medicaid worker or call the main phone number for an application.

**Medicaid Waiver** - The waiver allows Medicaid recipients with significant health problems funds to purchase the following services that are not usually considered "medical," i.e. chore services, (housekeeping, meal preparation,

shopping, escort and supervision), adult day care, respite care, independent skills management and transportation. There is a maximum payment for services per individual per month. For information on individuals who are age 65 or over, contact the Lincoln Area Agency on Aging, Life Office at 441-7070. For information on individuals under age 65 contact your Medicaid worker.

#### Other Programs Available

# Lincoln Area Agency on Aging, Life Supportive Services Program - (In Lancaster County) 1005 "O" Street, Suite 300, Lincoln, NE 68508 (402) 441-7070

The Supportive Services Program subsidizes personal care, housekeeping, and adult day care. on a sliding scale based on your monthly income. You may be able to receive the services you need at a reduced price through the agencies marked with a "%" if you are 60 years of age or over, don't qualify for Block Grant aid or Medicaid Waiver, and have an income less than \$2,250.00 per month. The price you pay will be based on your monthly income. If you are interested in receiving services at the reduced rate, please tell the service provider that you would like to apply for the Lincoln Area Agency on Aging subsidy when requesting services. Due to funding shortages the subsidy is available on a limited basis and you may be on a waiting list before you receive this assistance.

### The Black Bag Project (402) 476-1455

The Black Bag Project provides medical care in the home to Lancaster County homebound elders who have chronic illnesses (60 years and older). The "mobile care team" consists of a physician, nurse practitioner, and a Lincoln Area Agency on Aging, Life case manager, to provide comprehensive care. The program's goal is to help homebound elders with chronic illness access regular medical care, and stabilize conditions to prevent complications that may lead to hospitalizations or nursing home admissions. The elder's primary physician remains their doctor at all times, but his or her orders may be carried out by the Black Bag care team. A person needing this service may call their doctor and ask for a referral to the Black Bag Project or call the Black Bag Project nurse at 476-1455x1023 for information.

## Respite Care - Alzheimer Association - Great Plains Chapter (402) 420-2540 Toll Free (888)-487-2585

Respite Care is time off for the caregiver. Members of the Alzheimer Association may apply. The program provides financial assistance to caregivers living with persons diagnosed with Alzheimer's disease and related disorders when funds are available. The caregiver is responsible in the selection and management of respite services. Respite providers will bill the primary caregiver who then submits copies of the bills to the Alzheimer Association for reimbursement. The amount may not exceed \$1,000 per year (from the day of eligibility until twelve months after that date). You will be given the opportunity to reapply to the program at that time.

#### Respite Subsidy Program Across the Lifespan Apply through Health and Human Services 471-1689 or 1-800-358-8802

This service is available to persons of all ages on a first come, first served basis. The program will serve clients whose monthly adjusted gross income is at or below 312% of the Federal Poverty Level for their family size (1-person, \$2488.00 or 2-person \$3335.00) and who have limited financial assets. Clients must not be receiving funding for respite services through any other government administered program, have needs that require continuous care and/or supervision and that necessitates respite care and have a caregiver. If eligible, the program will provide a subsidy of up to \$125 per month, although benefits may be saved for up to three months.

### Rudge Support Services (Lancaster County only) (402) 486-8520

Rudge Support Services is a program funded by the Rudge Memorial Trust Fund of Tabitha. Its purpose is to provide in-home support for individuals who need assistance to continue living independently in their own homes.

The program is designed to provide services to a maximum of 20 clients at any one time. A home visit will be done for any individual interested in the services to explain the program. Services provided are homemaking, personal care, and heavy cleaning services. All clients admitted the Rudge Support Services Program will be seen by a nurse at least once a month. All fees are assessed on a sliding fee scale. Clients' cost for services will depend upon their monthly income and their ability to pay.

#### **Adult Day Service/Respite Care**

Madonna Rehabilitation Hospital Saint Anthony's Adult Day Services 5401 South Street, Lincoln, NE 68506 (402) 483-9571

Admission Department Provides care and supervision during the day to older or disabled persons, diagnosed with Alzheimer or related dementia. Persons must be able to ambulate independently without the use of a cane, walker or wheelchair. Services are provided in a group setting, Monday through Saturday, 7am to 5:30 pm. Activities provide opportunities for socialization, recreation, a noon meal, transportation, blood pressure monitoring, exercise, shaving, nail care and other nursing services. Charges for these services start at \$40.70 per day. Eligible lower income persons, may be eligible to have these services paid for by the Department of Health and Human Services Medicaid Waiver Program or the Block Grant Program.

#### Tabitha Nursing & Rehabilitation Center Garden Lane Adult Day Care Services 4720 Randolph Street, Lincoln, NE 68510 (402) 486-8579 Admission Department

Offers an established program, designed to meet the day-to-day needs of individuals coping with Alzheimer's Disease and other dementia. Tabitha Adult Day Services will operate 6:30 am-5:30 pm, Monday-Friday, 52 weeks per year, except for on major holidays. Services include a morning snack, a noon meal, an afternoon snack, and various therapeutic activities throughout the day. These activities include: arts and crafts, music, cooking, pet therapy, exercise, reminiscence, and games. Fees start at \$35.00. Additional services can be purchased. For example: medication administration, bath or shower, nutritional assessment, beauty shop and more. Garden Lane has been approved for Medicaid funding through the Department of Health & Human Services Program.

#### Intergenerational Adult Day Services 47th & J Streets, Located on corner (402) 484-9600 admissions/information

The Tabitha Intergenerational Center program meets the needs of both children and seniors through planned and spontaneous interaction in a specially designed building, where the older adults and children each have their own wing. The daily service includes all meals, snacks, activities, and supervision, and opportunities to interact with children. Additional charges apply for transportation, medical supplies, bathing, nail care, rehabilitation services such as physical therapy, occupational therapy, or speech therapy, physician services, beauty shop services or medication administration. The fees for Adult Day Services start at \$35.00 per day and increase according to needs of each client. There are criteria requirements for this type of adult day service, please call for more information.

Hours of Operation: 6:30 am-6:00 pm, Monday-Friday, 52 wks per year, closed on six major holidays.

#### Nebraska Respite Network - Southeast Service Area

YMCA of Lincoln 1432 N Street, Lincoln, NE 68508 (402) 434-3494 ext. 131

The purpose of the Nebraska Respite Network is to establish a statewide system for the coordination of respite resources that serve the lifespan. This includes Information and Referral for families needing access to respite, recruitment of respite providers and coordinating training opportunities for providers and consumers. The coordinator for Southeast Nebraska is Danielle Schwab at 402-729-2278 ext. 125 or 1-866-280-9712.

# Senior Companion Program Respite Volunteer Program - All Counties 1005 "O" Street, Suite 300, Lincoln, NE 68508 (402) 441-7070

Volunteers provide companionship and supervision to elderly or disabled people for a few hours per week while the regular caregiver takes a break for personal or business reasons. Volunteers do not provide housekeeping, or personal care services. There is no charge for the services of a Senior Companion. For more information call LIFE at (402) 441-7070. LIFE and Senior Companion are programs of the Lincoln Area Agency on Aging.

#### Community Health, Personal Care, & Housekeeping

#### Arcadia Health Care 3130 "O" Street, Suite D, Lincoln, NE 68510 (402) 435-5533

Arcadia's in-home care is provided by companions, home health aides, licensed practical nurses, and registered nurses. A nursing supervisor will discuss cost of services before initiating service. Arcadia has an insurance specialist who can help determine if you are eligible to receive coverage from your private health insurance. All employees are bonded and guaranteed.

#### **AseraCare Hospice**

1600 South 70th Street, Suite 201, Lincoln, NE 68506 (402) 488-1363 or (800) 826-3841

Provides care to terminally ill people in their homes, or other facilities. Nursing care, medical, social services, counseling, pastoral care, short term in-patient, respite care, home health aide and homemaker, physical, occupational, and speech therapy. Volunteers provide transportation, run errands and offer companionship for patients and respite for caregivers. Payment can be made by Medicare, private insurance, or private pay. All people, regardless of ability to pay, are entitled to hospice services. All employees are bonded. Services also available in York area.

#### BryanLGH Home Health Care 4645 Normal Boulevard, Suite 200, Lincoln, NE 68506 (402) 481-2900

BryanLGH Home Health Care, a service of BryanLGH Medical Center, provides skilled services per physician's order. Nursing, physical, occupational, speech therapies, home health aides, dieticians, and social workers are available on an intermittent basis. Services may be paid for by Medicare, Medicaid, private insurance, or private pay. The home health care staff develop a coordinated care plan with the physician, patient and family, and other agency staff to achieve the highest level of health and independence possible.

## Care Consultants for the Aging 4535 Normal Blvd., Suite 275, Lincoln, NE 68506 (402) 488-3771

CCA is a registry/referral service that assists families in hiring their own home caregivers. The registry consists of companions, bath aides, home health aides, certified nursing assistants and nurses. Past employment, licensing, and criminal history checks are performed on all caregivers. Clients may interview and select caregivers. Payment is made on a private-pay basis. There are no hour minimums--services are available from 1 hour a day up to 24 hours/day.

#### Comfort Keepers 145 S 56<sup>th</sup> St, #A, Lincoln, NE 68510 (402) 484-5177

Comfort Keepers provide housekeeping, companionship, meal preparation, laundry, incidental transportation and errands. Payments through private pay or HHS Medicaid Waiver. Provides personal care, ambulation, assistance with bathing, and feeding with certified nurse assistant. Employees are bonded and insured.

Elite Home Care Agency Home Care company 630 N Cotner #103, Lincoln, NE 68505 (402) 464-2422

Elite's home health care provides home health aids and skilled nursing care. The staff is comprised of registered nurses, LPN's, home health aids, homemakers and PT, O.T. and ST. Assistance is available with bathing, meal preparation, medication setup and reminders, light housekeeping, etc. Employees are insured, care is available 24 hours, 7 days a week. There are no hour minimums, 1 hour service is available. Services are paid for by Medicare, Medicaid, private insurance and private pay.

#### FirstCare Home Health 3901 Normal Blvd., Lincoln, NE 68506 (402) 435-1122

Provides continued care and support for independent living at home. Services provided are skilled nursing, geriatric patient care, psychiatric care, physical, occupational and speech therapy. Payments made by Medicare and Medicaid. All employees are bonded. Serves Lincoln and surrounding counties.

#### © Gentiva Health Services 8055 "O" Street, #111, Lincoln, NE 68510 (402) 434-8081

The staff consists of registered nurses, licensed practical and vocational nurses, nursing assistants, home health aides, physical therapists, occupational therapists, social workers, and homemakers. Employees are insured and bonded. 24-hour care is available. Payments may be made through private pay, private insurance, Medicare, or Medicaid.

#### Guardian Angels Homecare 3200 "O" St., Ste. 6, Lincoln, NE 68516 (402) 474-4000

Guardian Angels provide housekeeping, companionship, meal preparation, laundry, incidental transportation and errands. Clients pay privately. Employees are bonded and insured.

#### Home Instead Senior Care 5930 S 58<sup>th</sup> Street, Suite 0, Lincoln, NE 68516 (402) 423-8119

Provides companionship and domestic care such as shopping, errands, light housekeeping, laundry, meal preparation, and incidental transportation. Companionship can include reading, emotional support, and respite service. Employees are bonded and insured. Costs will be discussed when you call for service. Separate 24 hr. & overnight rates. Criminal background checks done on all employees. 3 hour minimum.

#### HoriSun Hospice 249 Cherry Hill Blvd., #1, Lincoln, NE 68510 (402) 484-6444

Provides supportive home based services focused on pain and symptom management. Hospice focus includes medical, spiritual, (bereavement counselor) and social supports. Team made up of medical director, RN, LPN, aides, and volunteers. Payment sources include Medicare, Medicaid, insurance, private pay. Services provided regardless of ability to pay. 60 mile radius of Lincoln.

## Interim HealthCare 6040 South 58th St., #A, Lincoln, NE 68516 (402) 421-7920 or 888-349-2168

Provides skilled nursing, RNs, LPNs, certified nursing assistants, home health aides, companions, homemakers, social worker, physical, speech, and occupational therapists. Employees are screened and bonded. Free initial assessment to determine client needs. A one-hour minimum of care is available (at higher rate). Payments may include Medicare, Medicaid, private insurance, or private pay. 24 hour care is available. In-Touch care phone and medication carousel are also available.

#### Intrepid USA Healthcare Services 7501 "O" St., #10, Lincoln, NE 68510 (402) 483-2032 or (800) 687-6908

Home care services include homemaker and companion assistance, home health aide for personal care, skilled nursing, PT, OT, and speech therapies. Medicare, Medicaid, Waiver, insurance, and private pay.

#### Kelly HomeCare 770 North Cotner, Suite 408, Lincoln, NE 68505 467-2154

Staff consists of homemakers and certified home health aides who offer personal care, companionship, housekeeping, and transportation. Employees are insured, bonded, and supervised by a registered nurse. Services are provided for 2-24 hours, 7 days a week. Payments may include private pay or private insurance. Kelly HomeCare is not a Medicare or Medicaid provider. Kelly specializes in extended care. Kelly also provides skilled nursing care.

#### Saint Elizabeth Home Care Services 245 So 84th St. Lincoln, NE 68510 (402) 219-7043

#### Home Health

Provides skilled nursing, home health aides, physical therapy, speech therapy, and occupational therapy, private duty nursing, home medical equipment. These services promote, maintain, and restore health to minimize the effects of illness. Payments may be made through Medicare, Medicaid, private insurance, or private pay.

#### Hospice

Saint Elizabeth Hospice is a special care program that provides physical, emotional, and spiritual support, as well as education, to terminally ill patients. Our focus is pain management, symptom control, and maintaining the dignity and respect you deserve.

#### **Private Duty**

If you need assistance with daily living tasks home health aides can assist with bathing, walking, exercise, shopping, laundry, housekeeping, meal planning, and food preparation. Homemakers, home health aides, LPNs and RN's are available for private duty shifts of one hour or longer.

#### **Home Medical Equipment**

Saint Elizabeth Home Care Services also provides home medical equipment needed to return you to your home sooner and help you stay there longer. Sales and rentals along with home delivery and insurance billing are available by calling 402-464-8755.

#### Tabitha Health Care Services 4720 Randolph Street, Lincoln, NE 68510 (402) 486-8520

#### **Tabitha Home Health Care**

Provides skilled services in the home per physician's orders. Staff includes registered nurses, home health aides, physical therapists, speech\language pathologists, occupational therapists, psychiatric nurses, dietitian and social workers. Employees are bonded. The agency is Medicare and Medicaid certified and has a sliding fee scale for skilled services.

#### **Hospice of Tabitha**

Provides care for persons with a terminal illness in their homes. Caregiving can also be provided within the Maseman unit at Tabitha Nursing and Rehabilitation Center. Quality of life and pain control are emphasized. Hospice of Tabitha is Medicare and Medicaid certified.

#### **Home Care Specialties of Tabitha**

Provides skilled nursing, home health aides, homemakers, companionship, transportation, errands, respite, medication set up, bath, and 24 hour care. Homemaker services include grocery shopping, companionship, errands, laundry, meal preparation, transportation, and light housekeeping. All employees are insured. Payment is made by private insurance, private pay and qualifying programs.

#### **Tabitha Meals on Wheels**

A hot noon meal is delivered to individuals who are homebound or disabled. Meals are delivered seven days a week. Meals may be delivered on a short-term or long-term basis. Financial referral and other payment options are available to qualified individuals to cover the cost of meals.

Vital Services Inc., H.H.C. 2915 N 38<sup>th</sup> Street, Lincoln, NE 68504 (402) 464-5777

Provides the following services in your home: Skilled Nursing Care, Home Health Aides and Homemaker/Companion. All employees are insured and have past employment, licensing, criminal background checks. A plan of care is developed and coordinated by a licensed health care professional under the direction of your physician's order. Services may be paid for by private insurances, private pay or you may be eligible for services based on income. There are no minimums and 24-hour care is available.

#### Emergency Response Systems

These three personal emergency response systems (ERS) are designed to help elderly or disabled people to live independently in their homes, providing them immediate access to emergency help at any time. Using a standard home telephone, and easy-to-use custom designed equipment, *ERS* subscribers can call for emergency assistance from anywhere in their home or yard by merely pressing a button. This means you can have the security of *ERS* service, plus the additional years of independence in your home. There is a fee for this service.

BryanLGH Home Medical Services Voice Care Emergency Response System BryanLGH Medical Center East 1600 South 48th Street, Lincoln, NE 68506 (402) 481-3888

Lincoln's Premier Lifeline ERS Program - (a joint program of LAAA and St. Elizabeth Regional Medical Center) Lincoln Information For the Elderly (LIFE) 1005 "O" Street, Suite 300, Lincoln, NE 68508 (402) 441-7070 When you inquire about *Lincoln Area Agency on Aging/St. Elizabeth Regional Medical Center Lifeline*, a LIFE counselor will contact you to arrange a personal home visit to demonstrate how *Lifeline* operates and answer any questions. In addition, the LIFE counselor will be able to help you easily obtain and use other community services. Please call LIFE at **441-7070** for further information. People who live within Lancaster County also subscribe to the Lifeline Program.

Response Link of the Midlands PO Box 390442, Omaha, NE 68139 (402) 740-0650 or (800) 894-1428

#### Telephone Reassurance

Telecare Lincoln Area Agency on Aging - Volunteer Services Division 1001 '0' St., Lincoln, NE 68508 (402) 441-7026

TELECARE is a program which gives a person living alone or disabled the security of knowing that someone will be calling at least once a day. This call, in addition to checking on the person's physical condition, becomes a friendly visit, and also a reminder to take necessary medications. If the client does not answer the call at the appointed time, an emergency plan goes into effect to provide assistance, if needed. There is no cost for this service. Volunteer Services Division is a program of the Lincoln Area Agency on Aging.

#### Further Assistance?

Do you have additional questions or concerns?

LIFE is a publicly funded human service organization which specializes in aging, eldercare, and retirement concerns. We serve older people, families, and the public.

LIFE welcomes opportunities to answer questions about the Lincoln Area Agency on Aging and benefits. We can help you select and arrange services. Our specially trained counselors can discuss personal circumstances and have over 20 years of experience.

If we can be of further assistance, please call us at

(402) 441-7070 - Lincoln and Lancaster County (800) 247-0938 - Toll free in Nebraska Our email address is: life@ci.lincoln.ne.us.

This booklet, which is issued to inform, not to advise, has been prepared and published by the Lincoln Area gency on Aging Life.

It is distributed to help you obtain useful information regarding available community services.

This is not an inclusive list of providers and the information may have changed since publication.

### Lincoln Area Agency on Aging Life

1005 "O" Street, Suite 300 Lincoln, NE 68508-3628